



## ***Mental Health in the News***

The latest news in mental health, plus information from the MHSOAC including upcoming events and job openings.



### **Cognitive Enhancement—With Yoga**

Source: Psychiatric Times

Meet Helen Lavretsky, Professor of Psychiatry at UCLA, who speaks about a [recently completed a pilot study](#) of Kundalini yoga vs [memory training](#) in older adults with subjective memory complaints and mild cognitive impairment.

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## Why Some Companies Want You to Take a Mental-Health Day

Source: MSN

Bosses want their workers to start taking mental-health days for the right reasons.

Workers often say they're taking a mental-health day with a wink and a nudge, as it's commonly understood that they'll be catching up on housework or going to the beach.

Meanwhile, many people who genuinely need time off to see a therapist or recover from an anxiety attack say they're less than forthcoming with their managers about why they need a break.

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## The Consent Dilemma

Source: Politico

Patient consent is an important principle in medicine, but when it comes to mental illness, things get complicated. Other diseases don't affect a patient's cognition the way a mental illness can. When the organ with the disease is a patient's brain, how can it be trusted to make

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# New Innovation Approvals

## AUGUST APPROVALS

### Contra Costa County



**Project One**—Center for Recovery and Empowerment (CORE)—Early onset of alcohol or other drug use is one of the strongest predictors of later alcohol dependence. Contra Costa County Behavioral Health does not have a coordinated system of care to provide treatment to youth with addictions and co-occurring emotional disturbances. This project will provide an intensive outpatient treatment program offering three levels of care: intensive, transitional and continuing for youth with a dual diagnosis (mental health need and substance use). Total amount approved: \$2,502,022 over five years.

**Project Two**—Cognitive Behavioral Social Skills Training (CBSST) in Augmented Board and Cares—Contra Costa County reports that many consumers spend years residing at County augmented board and cares with little or no mental health treatment and little or no functional improvement taking place. Consumers, their families and clinicians have continued to voice the strong need for treatment. This project will create a clinical team, consisting of a licensed clinician and peer support worker, to lead cognitive behavioral social skills training groups at augmented board and care facilities. Adults with severe mental illness (SMI) will learn skills to enable them to achieve recovery based skills. Total amount approved: \$1,247,200 over five years.



## Upcoming Events

**September 13, 2017**

[Client and Family Leadership Committee Meeting](#)

**September 13, 2017**

[Cultural and Linguistic Competence Committee Meeting](#)

**September 27, 2017**

Criminal Justice/Mental Health Subcommittee  
Meeting Sacramento

### **SAVE THE DATE**

MHSOAC Community Forum—Los Angeles  
Saturday  
October 28, 2017  
9:30-4:30



## New Staff Additions

**Marcus Galeste** has over eight years of direct work experience in Research and Program Evaluation within governmental agencies and the academic system. As a Research Program Specialist I, he led analytical projects while providing technical assistance on evaluation plans and helping develop evaluative outcomes. In the academic arena, he was a Graduate Research and Teaching Assistant and has taught a graduate course in Program Evaluation. He has extensive knowledge of research based strategies, qualitative and quantitative research methodologies and experience providing technical assistance on creating and reviewing evaluation plans and outcomes.

Marcus joins the Program Operations Unit as a Research Program Specialist II.

**Brandon McMillen** was a former Research and Evaluation Technician at River Oak Center for Children, a local Mental Health Non-Profit serving at risk and underserved youth. Several of his accomplishments include standardizing evaluations reporting procedures; developing applications to track and report on Risk Management, Program Outcomes, and quality assurance; and implementing department process improvements. Brandon studied International Relations at CSU Sacramento with a Minor in German focusing on European politics and International Development. Brandon joins the Program and Evaluation Operations Unit as an Associate Government Program Analyst.



## Open Positions

[Associate Governmental Program Analyst \(will also consider Staff Services Analyst\)](#)

Final Filing Date: September 15, 2017

[Health Program Specialist I](#)

Final Filing Date: Until Filled

[Health Program Specialist II](#)

Final Filing Date: Until Filled



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